

Flow, Flow, Flow Your Life, Gently Down the Stream

By Penney
Peirce

Recently I heard myself say to a friend, “I’m just not that ambitious anymore.” As I said it, part of my mind was shocked. “But I’m *supposed* to be ambitious, or people will think I’m an apathetic, no-good person!” Then it added, “And I’ll starve!” Another part of my mind responded, “I no longer need to use will-power to create the reality I want. I don’t have to exhaust myself becoming a ‘marketeer,’ promoting myself constantly on every new social media outlet. When I’m my true self and allow myself to be seen—without defenses, lies, masks, or apologies—people find me, and the right ideas come at the right time. And, I’m always motivated to do what I love.” The first part of my mind thought this seemed quite naïve . . .

There’s something true buried under this new sentiment of mine, however. It has to do with reaching that point when we feel we’re pushing the river, or forcing the flow. Counter to that is the feeling of not caring or participating with the flow because: (name your favorite excuse). In either case, life loses its joy. Eclipsing both those extremes is the truer experience of how the flow just moves itself, and us, in an effortless and joyful way, always bringing what’s “just right.” When the flow moves of its own accord—and you flow with it—it feels like this:

💧 A fabulous opportunity falls in your lap; you experience a jaw-dropping synchronicity where what you’ve been privately thinking shows up magically in your world. Or what


you need is provided by life without your having had to ask.

- 💧 You meet special people who feel like they’re soul mates, soul friends, or soul family.
- 💧 You hear important truths or information that excites you to new creativity.
- 💧 Your imagination opens and amazing, original ideas come to you effortlessly.
- 💧 You take courageous action that is successful. Your actions produce more energy.
- 💧 Someone is extremely generous to you or you are generous to others without concern for repayment or acknowledgement.

Your Choice: Path of Least Resistance? Or What’s Challenging?

When you’re in the flow, sometimes it means you take the path of least resistance—which can be wonderfully direct, efficient, and effective—and sometimes it means you do the challenging thing. How do you know which to choose? It depends on whether you place a high value on the internal state of “deep comfort.” This doesn’t mean superficial comfort. For example, if you’re secretly starting to date your best friend’s ex, it’s probably more superficially comfortable to hide the fact because part of you doesn’t want to face the possibility of rejection or anger from your friend.

But if you feel more deeply into the situation, the avoidance option actually cre-



ates a whole lot of tension. It takes effort to remember what *not* to say, what *not* to do, where *not* to go, who *not* to tell. And there's always some guilt lurking below the surface. It's more deeply comfortable to have an honest, kind-hearted talk with your friend and bring things out in the open. Work out any possible tangle of emotions. If getting in shape for a marathon seems too superficially uncomfortable and you talk yourself out of it, the disappointment you hold about your inner character weakness may outweigh the temporary relief, while diving into the work may prove more deeply comfortable.

Pay attention to “deep comfort”
instead of superficial,
temporary rewards.

I've watched how this works for quite a few years and have seen that when I follow my conscience, things work out well, and the flow carries me to greater levels of self-expression and success. When I stay in synch with my true self, the flow works with me. When I go against it, the flow works with me, too—but it brings uncomfortable “lessons” meant to help me correct my path. When I try to stop the flow, I experience snags, failures, blockages, accidents, traumas, and dramas.

Here's the thing: *The flow is always working.* And it knows what's good for you—for the long run. When your mind is in the present moment, what you have is what you need to have. When your mind is in the future or past, you simply can't notice the good reasons why you have what you have right now. And to grow you need to know.

But what *is* the flow? If you see it in a linear way, it looks like a sine wave or S-curve moving from past to future; it seems to be going somewhere. But if you look at it from the point of view of the present moment only—which is the way reality is functioning more today—the flow is a blinking in and out

between the physical world we call “reality” and the nonphysical world we call “imagination.” We're not actually going anywhere; we're just learning that we can imagine better or bigger realities with each moment and make them happen for real. The flow rocks!

The rocking happens between the poles of polarities. Each side of a polarity actually feeds into its opposite. For example, comfort—the result of creating something you like—is great, but it becomes boring and that carries your attention into curiosity, which connects you with the unknown and to new ideas for new creations. When you have “stuff,” it leads to letting go so you can have “space,” which allows you to create new stuff, and so on. You may enjoy time by yourself but too much of it leads to the need for social activity and too much of that leads to a need for a retreat and reconnection with your own unique self again. So polarities are not really separate! They create a figure-8 flow back and forth, around and around.

Are You Stuck?

You can tell if you're stuck because you're not experiencing good luck, enthusiasm, perfect timing, clear intuition and inner guidance, or easy materialization of your ideas. I said that the flow is always moving, and it's evolving, too. It's taking you into greater wisdom. You can't stop it but you can temporarily stall it. When you stall the flow, the momentum builds up like flood water behind a dam, and eventually it *will* break through—and then it will carry you dramatically toward the place you should have been if you just would have cooperated with the messages that were being given to you all along.

The flow is conscious and
it wants you to grow!

The main thing that stalls the flow is fear, which so often results in resistance, avoidance, or trying to control reality. You inhale

and forget to exhale. Basically, we could call it a *contraction* in our thinking, emotions, and behavior. The flow may want you to learn to be a good public speaker in high school and college because later in your life you're going to teach and influence large audiences—though you don't realize it yet. You tell yourself: "I'm too shy. I wouldn't be good at it. No one would be interested in what I have to say. People will laugh at me." So you go back to cryptic texting behind the safety of your screen. Now the flow builds up behind your contraction. Perhaps you find yourself suddenly involved in an incident where you must stand up for yourself or a friend in front of authorities and tell the truth in a convincing way. Part of your mind may complain, "Why is this negative thing happening to me?" But there's a good reason: You are supposed to speak!

Here are some things that can cause you to feel stuck:

- 💧 lack of confidence, pretending you don't know something
- 💧 feeling helpless or powerless
- 💧 fear of loss, focus on lack or impossibility
- 💧 rebellion, stubbornness, willfulness, fighting, resistance
- 💧 denial, avoidance, postponement, procrastination, addictions
- 💧 complaining, criticizing, talking about what isn't
- 💧 envy, resentment, blaming, anger, rage, retribution, vengeance

- 💧 controlling, grasping, hoarding
- 💧 incompletions: you need to eliminate, forgive, use, or communicate something
- 💧 an idea is present but hasn't become conscious yet
- 💧 you're ahead of or behind the natural timing of something

To move out of stuckness, decide to trust your life and the things that show up. There's always a good reason. Also, you might pay attention to those negative declarative sentences you hear part of your brain spewing out. Are they complaining, being hurtful, trying to convince you of some limitation? Try reversing the negative sentence and feel the opposite reality. Instead of "I can't afford to go to college," and that reality, try "I know there's a way I can go to college. Of course there's a solution and if I put my mind to it, I can find it and do it." Then feel *that* reality. What different people those two statements might create!

So the only thing stopping you, the only thing torturing you—even if you feel trapped by a terrible real life situation—is the part of your mind that doesn't like change, that blocks you from using your imagination to create new realities and doesn't feel it's possible to have what you really want and love. Trust the flow, engage with it as though it's your best friend, and it will take you to your own magnificence: Flow, flow, flow—life *is* what you dream!



Penney Peirce is an articulate and accurate clairvoyant empath, visionary, and author of ten books on intuition development, inner energy dynamics, expanded perception, dreamwork, and personal transformation. She coaches business and government leaders, psychologists, scientists, celebrities, and those on a spiritual path about the hidden dynamics of what makes for true success. Her books include *Transparency*, *Leap of Perception*, *Frequency*, and *The Intuitive Way*.